A VOIDING!!

&

STUTTERING!

D. GAMES & KIDS…☺, 2005

What is Avoiding?

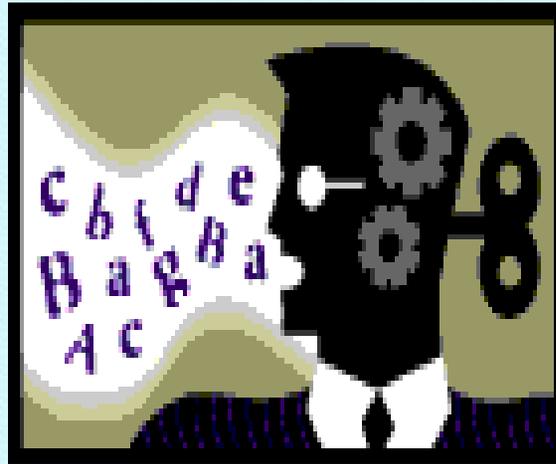- Not talking when you really want to say something…
- Not joining conversations…

Or…..

- Being worried or anxious about when or where to speak….finding ways to not speak!!

Avoiding is also………

- Not saying certain words or sounds….
- Rephrasing and "thinking" about what to say and how to say it…..

Avoiding can also mean…..

- *Not* talking freely, or
- Trying to speak Perfectly…

Avoiding can mean assuming another identity…..

- Speaking with a different voice or talking like someone else…….

Why avoid?

- It is embarrassing to stutter in front of people.

- I don't want to make a fool of myself.

- I want to fit in or be fluent like everyone else!!

Thinking about Stuttering

Trying not to Stutter

Avoiding Difficult Speaking Situations
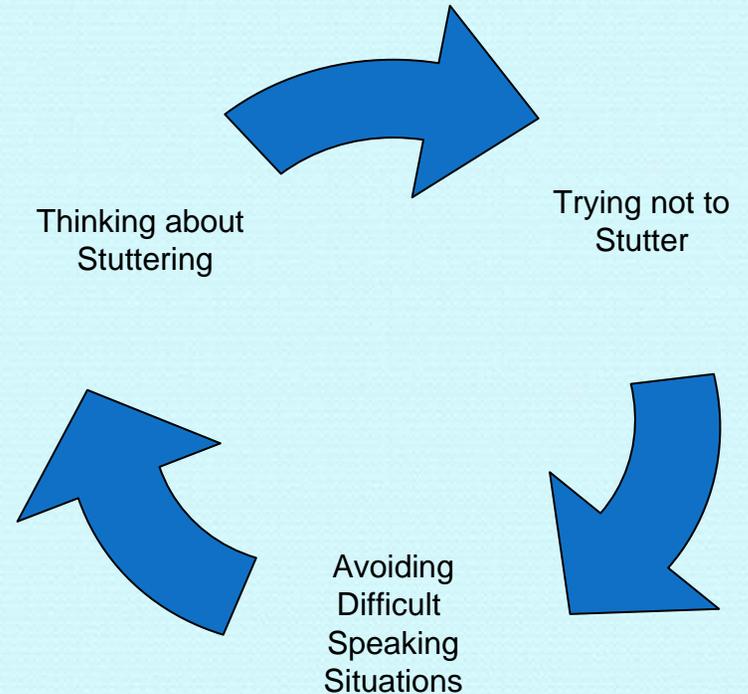
Why does not talking feel ok?

- Fear or Shame over stuttering???
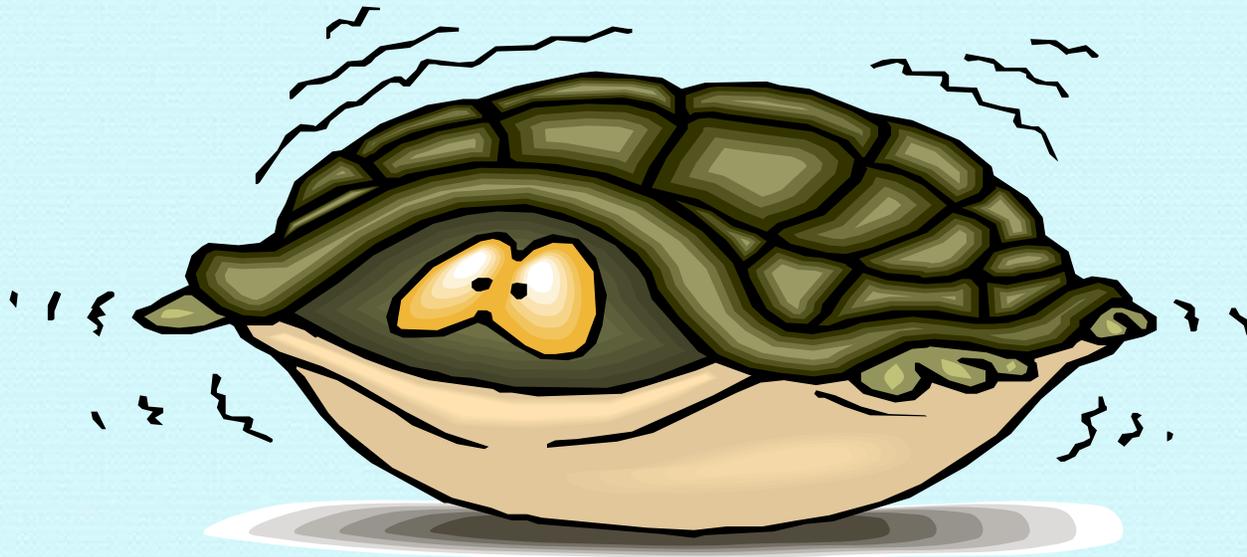
- Just being Mad about stuttering???

Or avoiding because….

- It is embarrassing to make a mistake
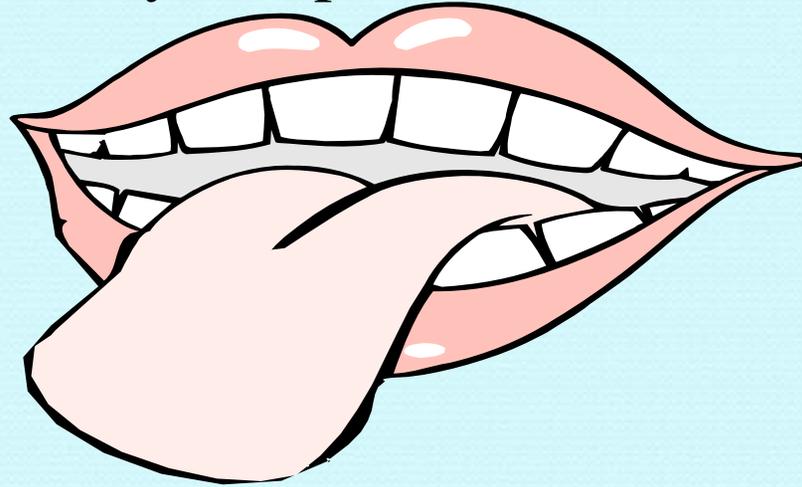- If I can't speak perfectly, then avoiding is another choice

Why is Avoiding a Problem?

- It can become "habit forming".
- When it is impossible to avoid saying a sound/word, speaking can be more difficult.
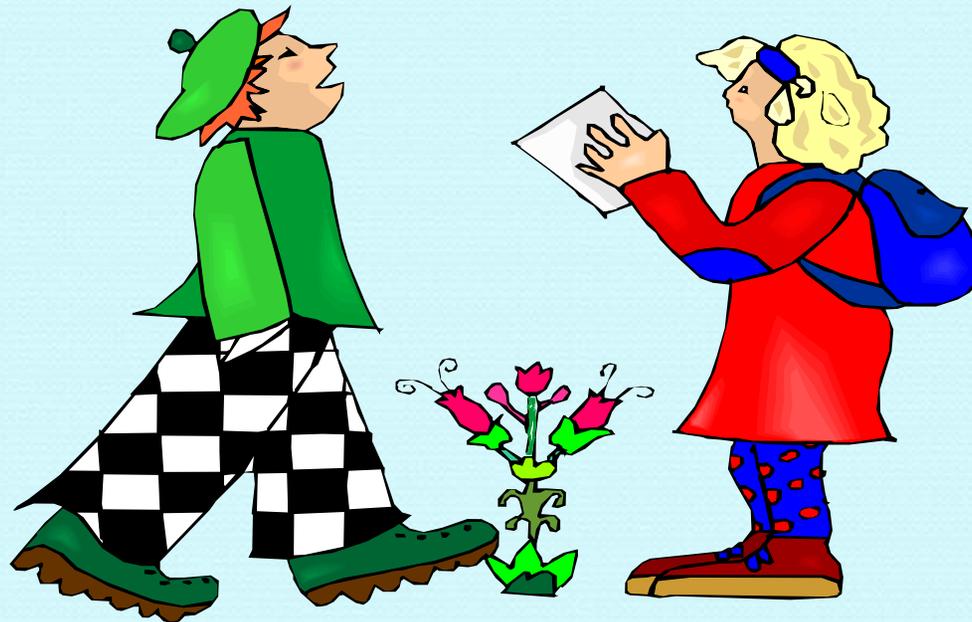- Avoiding is a way of "hiding" stuttering.

How do I stop Avoiding?

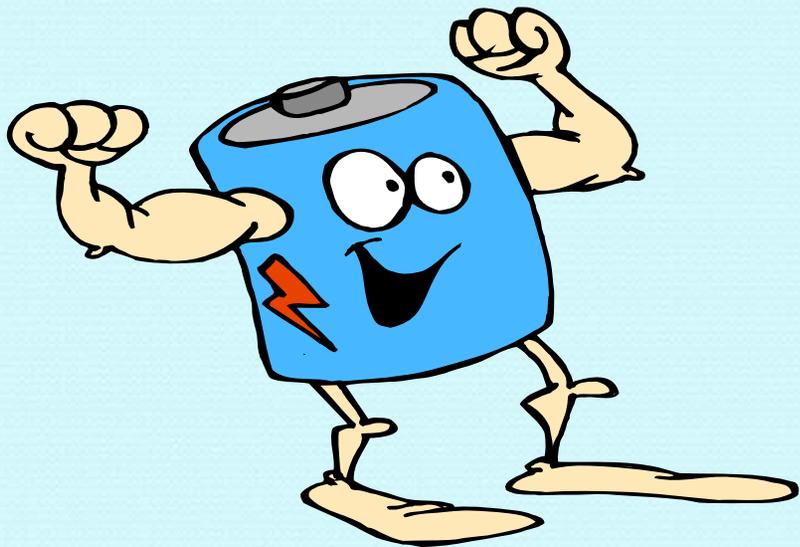- Reduce tension in your speech machine

To stop Avoiding, you can….

- Experiment with talking in a number of situations.
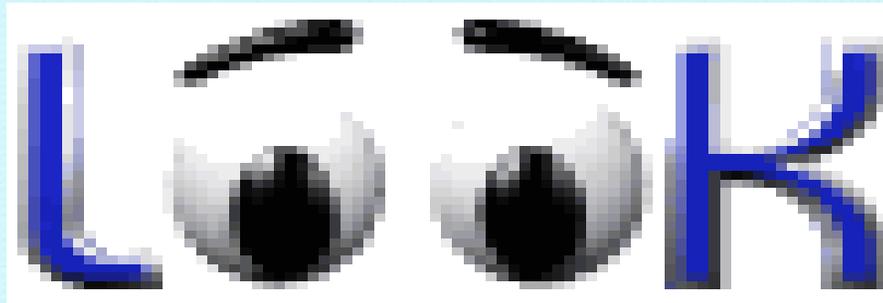- Tell others that you "stutter".

Or……….

- Stutter in an easier way..

- Try strategies such as light contacts, easy starts, pull outs and cancellations.

Don't Let Avoiding Slow You Down!

- Take some Risks
- Try some New Ways of Talking

- Speak at Your Own Beat
- Your Messages are Important!

Remember….avoiding

- Makes speaking in similar situations more difficult
- Keeps you from sharing your ideas and comments
- Gives other people the "wrong" impression

So…….

- Don't let "Avoiding" become "the easy way out"
- Focus on communicating…and keep talking!!!